



# Stress Management

Joyce Cheng RN.  
Community Health Nurse  
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# What is Stress?

- Stress is our body's way of responding to any kind of demand placed on us.
- Pressure, tension
- a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

# Good Stress

- It's part of your life.
- It make you be productive.



# Tolerable Stress

- I can handle this...
- ...Not a big deal

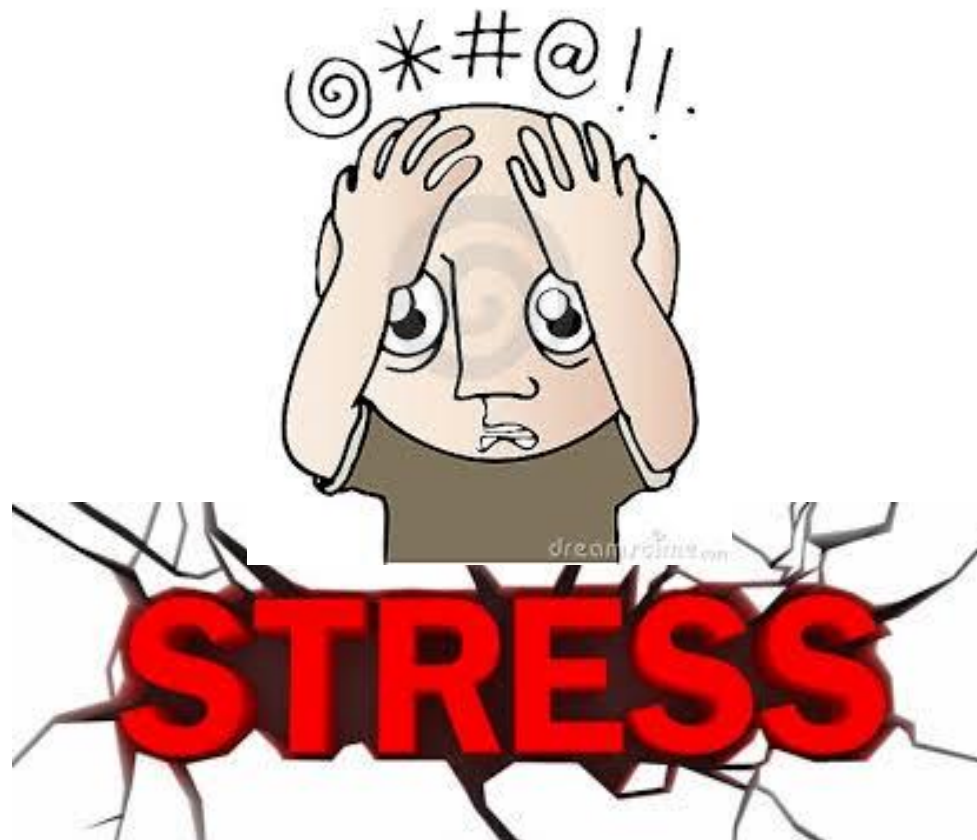


# Toxic Stress

- When you don't have any control over the threatening events.
- When you can't get out of the stressful situation.



What make you stressed?



# Top Causes of Stress in the U.S.

- #1 Job Pressure
- #2 Money
- #3 Health
- #4 Relationships
- #5 Poor Nutrition
- #6 Media Overload
- #7 Sleep Deprivation

Data from American Psychological Association, American Institute of Stress NY Research  
date: 7.8.2014

## ... On your body ... On your mood ... On your behavior

- Headache
  - Muscle tension or pain
  - Chest pain
  - Fatigue
  - Change in sex drive
  - Stomach upset
  - Sleep problems
- Anxiety
  - Restlessness
  - Lack of motivation or focus
  - Irritability or anger
  - Sadness or depression
- Overeating or under eating
  - Angry outbursts
  - Drug or alcohol abuse
  - Tobacco use
  - Social withdrawal



# 10 Ways to Manage Your Stress

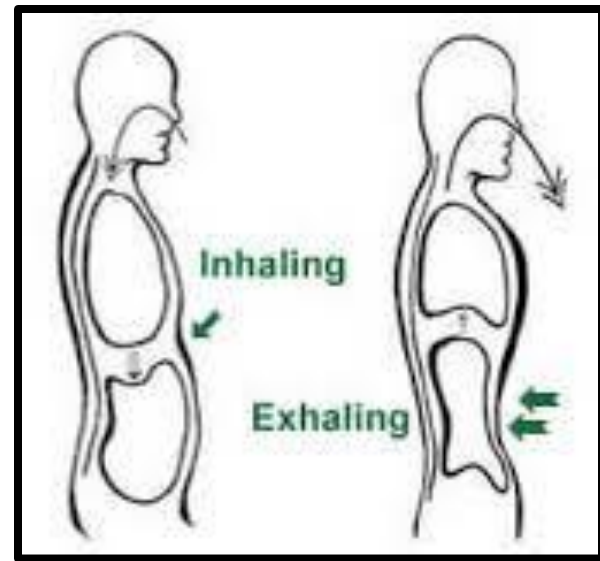
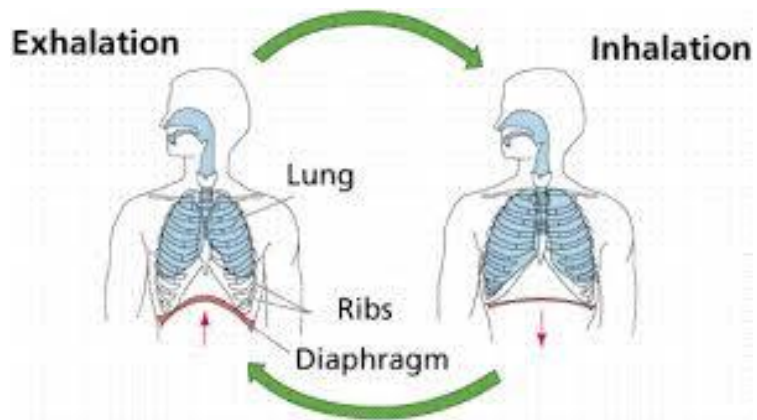
1. Learn relaxation techniques like deep breathing, mindfulness, yoga or Tai-chi . Take 15-20 minutes every day to practice and reflect.
2. Keep a positive attitude; give yourself positive messages.
3. Exercise regularly by bicycling, walking, hiking, jogging. Your body can fight stress better when it is fit.
4. Halt stress in its tracks; take a walk or drive in the slow lane to avoid getting angry at other drivers.
5. Manage your time. Give yourself time to get things done.



# 10 Ways to Manage Your Stress

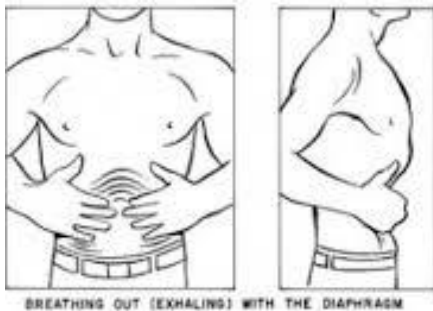
6. Do things that are pleasurable, like reading or gardening.
7. Eat healthy, well-balanced meals.
8. Get enough rest and sleep. Your body needs time to recover from stressful events.
9. Avoid alcohol and recreational drugs. And don't smoke.
10. Seek out social support and accept that there are events that you cannot control.



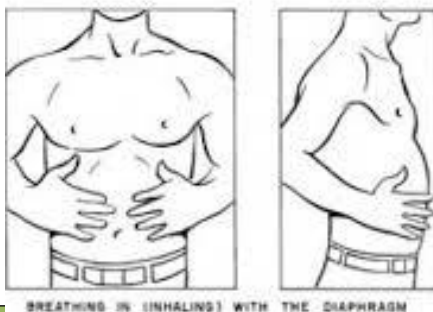


## Deep Breathing Exercise

Exhale  
Breath-out



Inhale  
Breath-in



"Qigong Breathing" Video Tutorial



World Tai Chi & Qigong Day

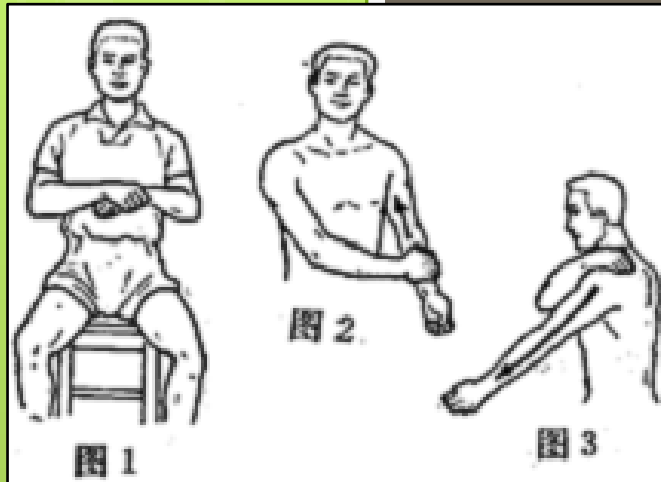
# Deep Breathing Exercise

1. **Keep your tongue on the roof of your mouth. Inhale and exhale through your nose.**
2. **Aim for a long, continuous breath without a pause between the inhale and exhale.** The breath, like a circle, shouldn't stop.
3. **Breath to and from the belly.** As the belly moves in and out with each breath, your organs receive an internal massage.
4. **Relax.** Relax your eyes, your chest, your jaws. Relax everywhere else you may be holding tension.
5. **And breathe...**

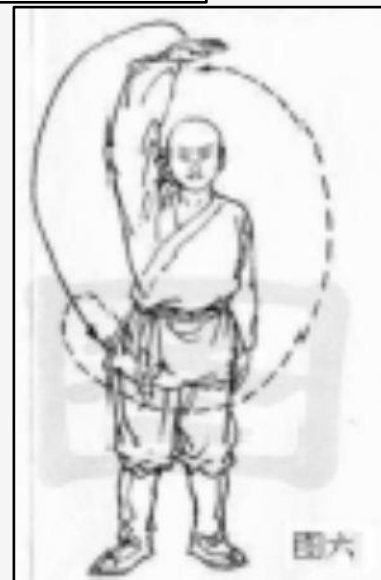
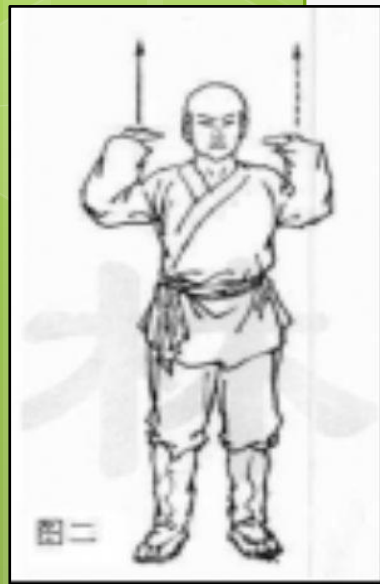
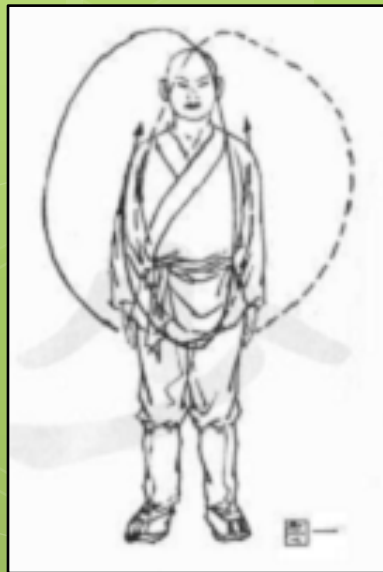
Over time, you should find your self breath longer and deeper with a greater sense of relaxation



# Deep Breathing & Exercise



Warm up



Separate  
Heaven and  
Earth

Two Hand holding up the heavens

# Tai Chi: A gentle way to fight stress

- A Chinese tradition
- A graceful form of exercise, a series of movements performed in a slow, focused manner and accompanied by deep breathing
- Tai chi helps reduce stress and anxiety
- Tai chi helps increase flexibility and balance



# U.S Stress Statistics

Data from American Psychological Association, American Institute of Stress NY Research  
date: 7.8.2014

- 77% of people who regularly experience physical symptoms caused by stress
- 73% regularly experience psychological symptoms caused by stress
- 33% feel that are living with extreme stress
- 48% feel their stress has increased over the past five years
- 76% cited money and work as the leading cause of their stress
- 48% reported lying awake at night due to stress

# Stress Impact Statistics

- **48%** say stress has a negative impact on their personal and professional life
- **31%** employed adults who say they have difficulty managing work and family responsibilities
- **35%** who cited jobs interfering with their family or personal time as a significant source of stress
- **54%** who said stress has caused them to fight with people close to them
- **26%** reported being alienated from a friend or family member because of stress
- **30%** who say they are "always" or "often" under stress at work
- **\$300 Billion** annual costs to employers in stress related health care and missed work



# Stress Symptoms

## Physical Symptoms

51% Fatigue  
44% Headache  
34% Upset stomach  
30% Muscle tension  
23% Change in appetite  
17% teeth grinding  
15% Change in sex drive  
13% Feeling Dizzy

## Psychological Symptoms

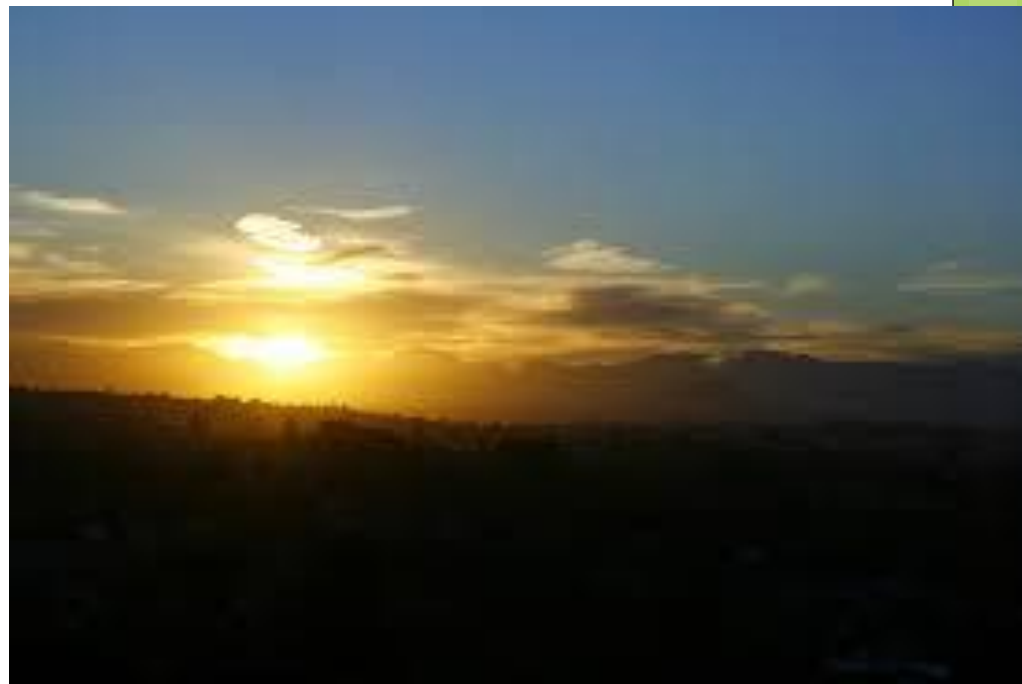
- 50% Irritability or anger
- 45% Feeling nervous
- 45% Lack of energy
- 35% Feeling as though you could cry

# Results from Stress

- Forty-three percent of all adults suffer adverse health effects from stress.
- Seventy-five percent to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.
- The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually.
- The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.

M - moment to moment attention  
I - in the here and now  
N - non judgemental attitude  
D - detach from unhelpful thoughts  
F - forgive and be grateful  
U - unconditional acceptance  
L - learn with childlike mindast

[www.nisefulnesspath.co.uk](http://www.nisefulnesspath.co.uk)



## PHYSICAL EFFECTS OF STRESS



CBS  
THIS  
MORNING  
SATURDAY

## High blood pressure risks increase over the long term stress

- Stress can elevated blood pressure temporally. Once the stressor disappears, your blood pressure returns to normal. However, even temporary spikes in blood pressure, if they occur often enough, can damage your blood vessels, heart and kidneys.
- If you react to stress by smoking, drinking alcohol or eating unhealthy foods, you increase your risk of high blood pressure, heart attack and stroke.

## Stress-reducing activities can lower your blood pressure

- **Simplify your schedule.** Take a few minutes to review your calendar and to-do lists. Look for activities that take up your time but aren't very important to you. Schedule less time or eliminate them completely.
- **Breathe to relax.** Practice deep and slow breathing can help you relax.
- **Exercise.** Physical activity is a natural stress buster. Just be sure to get your doctor's OK before starting a new exercise program. Exercise reduces stress and lower your systolic BP by as much as 5 to 10 mm Hg).
- **Try yoga and meditation.** Yoga and meditation can strengthen your body and help you relax, it also may lower your systolic BP by 5 mm Hg or more.
- **Get plenty of sleep.** Being sleep deprived can make your problems seem worse than they really are.
- **Shift your perspective.** When dealing with problems, resist the tendency to complain. Acknowledge your feelings

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# Mindfulness:

paying attention to the present moment  
with intention,  
while letting go of judgment,  
as if your life depends on it.

~Dr. Jon Kabat-Zinn



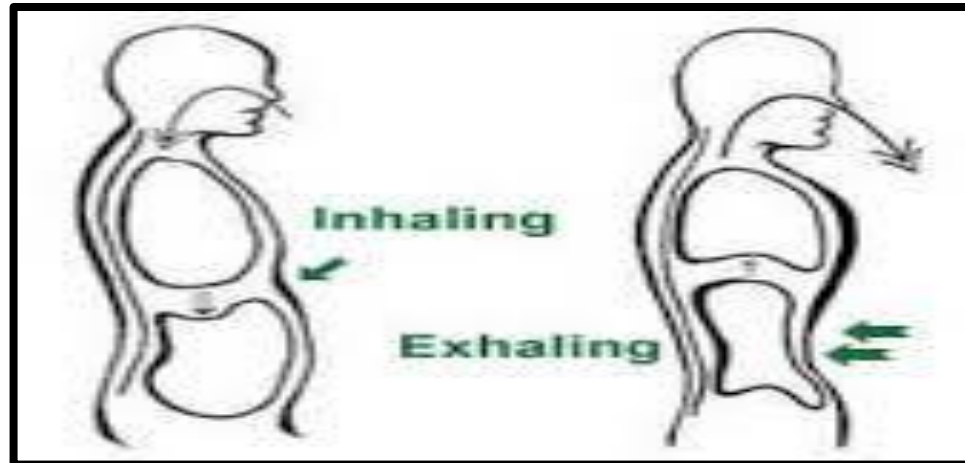
[www.psychalive.org](http://www.psychalive.org)

"We're so busy watching out for what's  
just ahead of us that we don't take  
time to enjoy where we are."

- Calvin & Hobbes



## Mindfulness



## Deep Breathing



## Desk Yoga